



City of Delta Culture & Recreation

MARCH/APRIL 2011 Activity Guide



Weekly Senior Programs

- **DUPLICATE BRIDGE** - Mondays from 12:30 to 4 PM. Cost: \$4/week.
- **PARTY BRIDGE** - Thursdays from 1 to 4 PM. Cost: \$6 per season.
- **TUESDAY NEEDLERS** - Tuesdays from 10 AM to Noon. Cost: \$6 per season.
- **PINOCHLE** - Tuesdays from 1 to 4 PM. Cost: \$6 per season.
- **CRIBBAGE** - Wednesdays from 8:30 to 11 AM. Cost: \$6 per season.
- **SCRABBLE** - Thursday from 10:00 AM - 1:00 PM or 6:00 PM - 9:00 PM. No charge.

YOUTH

- **CHESS CLUB** - Every Tuesday night meet in the snack bar from 6:00 - 9:00 PM. Bring your own boards.
- **ALIVE AT 25** - Four hours of classroom instruction from the Colorado State Patrol for ages 15-25 with a variety of dates available. Classes are held once a month. Register online at www.aliveat25.us.
- **BOXING FOR KIDS** - Saturdays from 10:00 - 11:00 AM. Cost is \$3 drop in fee or monthly rate.
- **AMATEUR CHESS TOURNAMENT** - Scheduled for Saturday, March 19 from 10:00 AM - 6:00 PM. All ages are invited. Cost is \$10 per person.
- **BIRTHDAY PARTY PACKAGES** - Swimming, Bump and Jump and simple games birthday party packages are offered at the Recreation Center. Call the leisure department for all the details.
- **BABY SITTING TRAINING COURSE** - Great class for ages 10-15 instructed by a certified American Red Cross instructor on Thursday and Friday, April 14 and 15 from 9:00 AM - 3:00 PM. Cost is \$85. Register by April 11.
- **YOUTH GUITAR LESSONS** - For ages 8-18. Please bring your own guitar (no amplifiers). Session II is Saturdays, April 2 - May 7 from 10:30 - 11:30 AM. No class on April 30. Cost is \$65 plus a \$20 book/CD fee. Please register 3 days in advance.

LEISURE

- **COMMUNITY EVENING DANCES** - Saturdays, March 19 and April 16 from 7:00 - 10:00 PM. Cost is \$4 at the door.
- **AARP DRIVER'S SAFETY** - Now this is a one day class! Monday, April 18 from 8:00 AM - 12:30 PM. Cost for AARP members is \$12, cost for non members is \$14.
- **ADULT GUITAR LESSONS** - Please bring your own guitar (no amplifiers). Saturdays, April 2 - May 7 (excluding April 30) from 11:30 AM - 12:30 PM. Cost is \$65 plus \$20 book/CD fee.
- **JOY OF PAINTING "MAKE IT TAKE IT" BOB ROSS CLASS** - Learn floral and landscape techniques. **Wednesday class** (12:00 - 5:00 PM), April 6 landscape; April 20 floral. **Saturday class** (10:00 AM - 4:00 PM), April 23 and April 30 landscape. Cost for landscape class is \$70 per class. Cost for floral class is \$90. Register 3 days prior to each class.
- **LINE DANCING LESSONS** - Beginner/Intermediate line dancing for all ages on Sundays, from 1:00 - 2:00 PM. Cost is \$10 drop-in fee or monthly fee.
- **BALLROOM DANCE LESSONS** - Beginner classes begin Monday, March 28 from 7:00 - 8:00 PM. Intermediate class begins Monday, March 28 from 8:00 - 9:00 PM. Showcase will begin Wednesday, March 30 from 7:00 - 8:00 PM. Private lessons are held on Wednesdays by appointment. All classes are for 8 weeks and the cost is \$80 per couple or \$40 for singles. Pre-register by March 25.
- **POLYNESIAN DANCE LESSONS** - Have you ever wanted to learn the Hula? A variety of sessions are offered. Older adult (50+) on Fridays, March 25 - April 15 from 2:00 - 3:00 PM. Youth (ages 6-14) on Fridays, March 25 - April 15 from 4:30 - 5:30 PM or Saturdays, March 26 - April 16 from 5:00 - 6:00 PM. Adult (age 15-49) Saturdays, March 26 - April 16 from 6:00 - 7:00 PM. Cost is \$40 per session; \$35 per session for older adults. Pre-register by March 21.

- **SPRING INTO SHAPE 5K** - Our annual 5K is on Saturday, April 16 for all ages and is held on the Confluence Trail. Starting time is 9:30 AM. Register by April 8 and the cost is \$20 which includes a sling bag or \$10 without the bag. If registering after April 8 the cost is \$25 with the sling bag and \$15 without the bag.
- **HANDGUN SAFETY CLASS** - New session set up for Saturday, April 16 or May 14 from 9:00 AM - 4:00 PM. Cost is \$50.

SPORTS

- **FAMILY NIGHT** - Saturdays from 5:30 - 8:00 PM. Cost is \$8 per family. Family size includes up to 2 adults and 4 children at same household.
- **APRIL FOOLS SOFTBALL TOURNAMENT** - Pre season tune up tournament for coed, women's and men's on Saturday and Sunday, April 9 and 10. Cost is \$250 per team unless you register in advance by March 27 (your team will save \$50 and the fee is only \$200.) Final deadline for registration is April 3.
- **START SMART BASEBALL AND START SMART GOLF** - Parent/child participation/introductory program. **Baseball** is for 3-5 year olds on Wednesdays starting March 30 (6 weeks) at 4:00 PM. Cost for baseball is \$40 for parent and child and includes equipment. **Golf** is for ages 5-7 and is on Wednesdays beginning March 30 (6 weeks) at 5:00 PM. Cost is \$30 for parent and child.

Summer Ball Time

- **ADULT SUMMER SOFTBALL LEAGUE** - Starts May 2. Five league choices include Monday/Tuesday, Recreational coed; Wednesday, Men's fast pitch; Thursday, Men's and women's slow pitch and Friday, Competitive, coed. Cost is \$275 team fee plus \$20 player's fee. Register by April 10.
- **LITTLE LADIES' SOFTBALL** - Your age as of January 1, 2011 determines which division. Divisions are: 8 and under, 10 and under, 12 and under, 14 and under and 16 and under. Cost is \$40 if registered by April 10. A late fee of \$10 will be charged if there is room for additional registration after deadline.
- **ROOKIES (PITCHING MACHINE)** - Registration going on now for boys ages 7 and 8 (age as of June 2011). Cost is \$40 by April 10. Late fee will be \$10 if there is room for additional registration after deadline.
- **T-BALL** - Registration going on now for boys and girls ages 4, 5 and 6. Cost is \$40 by April 10. Late fee will be \$10 if there is room for additional registration after deadline.

AQUATICS

OPEN SWIM - Monday - Friday starting at 1:00 PM, Saturday starts at 10:00 AM and Sunday starts at 11:00 AM.

*Please Remember children ages 5 and under **MUST** have someone 16 years or older IN the water, actively supervising them. Children ages 6 and 7 must have someone 16 years or older in the pool area with them.*

Limited lap lanes in morning due to Water Fitness Classes.
Barracuda Swim Team practices in 1 or 2 lap lanes from 4:00 - 6:00 PM.
Please see Spring Pool Schedule posted at Recreation Center front desk for designated times.

FITNESS CLASSES MARCH 2011

MONDAY

- Cycle and Abs + with Kiffany**
6:00 - 7:00 am
- Cardio Intervals with Weights and Core with Cristie**
9:00 - 10:15 am
- Yogalates + with Cristie**
12:00 - 1:00 pm
- Senior Circuit with Gary in Weight Rm.**
2:00 - 3:00 pm
- Zumba with Kindra**
4:30 - 5:25 pm
- Cardio Kick with Kindra**
5:30 - 6:30 pm



THURSDAY

- Body Bar & Abs with Amberleigh**
9:00 - 9:45 am
- Healthy Body, Strong Bones with Billie in Gym**
9:00 - 10:00 am
- Silver Sneakers MSROM with Gary in Gym**
10:00 - 10:45 am
- Zumba with Erin**
10:00 - 11:00 am
- Cycle & Abs with Candace in Cycle Rm.**
12:15 - 1:00 pm
- Senior Circuit with Gary in Weight Rm.**
2:00 - 3:00 pm
- Total Body Blitz with Betsy**
4:30 - 5:25 pm
- Body Bar + with Kindra**
5:30 - 6:30 pm

* Any class with 5 or less in attendance for 3 consecutive weeks may/will be dropped.

TUESDAY

- Body Bar & Abs with Candace**
9:00 - 9:45 am
- Healthy Body, Strong Bones with Billie in Gym**
9:00 - 10:00 am
- Silver Sneakers MSROM with Gary in Gym**
10:00 - 10:45 am
- Zumba with Cristie**
10:00 - 11:00 am
- Cycle & Abs with Candace in Cycle Rm.**
12:15 - 1:00 pm
- Body Bar + with Betsy**
4:30 - 5:25 pm
- Total Body Blitz with Erin**
5:30 - 6:30 pm

FRIDAY

- Boxing for Fitness with Kiffany**
6:00 - 7:00 am
- Yogalates with Cristie**
9:00 - 9:45 am
- Senior Circuit with Gary in Weight Rm.**
9:00 - 10:00 am
- Zumba with Cristie**
12:00 - 1:00 pm



Kettlebell Specialty Certification and Total Body Conditioning

Kettlebell Saturday, April 9 8:00 AM - 3:00 PM
Total Body Sunday, April 10 8:00 AM - 1:00 PM
For more information on this NETA workshop call 800-237-6242 or register online at www.netafit.org
For local information call Gary West at 874-0923

WEDNESDAY

- Morning Ride with Candace**
5:30 - 6:00 am
- Weights & Stretch with Candace**
6:00 - 7:00 am
- Senior Circuit with Gary in Weight Rm.**
9:00 - 10:00 am
- Triple Threat Cardio, Core & Crazy Strength with Cristie**
9:00 - 10:15 am
- Zumba with Kindra**
12:00 - 1:00 pm
- Yogalates with Betsy**
4:30 - 5:25 pm
- Cycle and Abs w/ Amberleigh in Cycle Rm**
5:30 - 6:30 pm
- Zumba with Erin**
5:30 - 6:30 pm

SATURDAY

- Cardio Blast with Amberleigh/Betsy**
9:00 - 9:45 am



Tai Chi/Qigong for Health and Longevity*

Mondays, from 7:00 - 8:30 PM.
\$40 Monthly charge or \$12 drop in fee.
Must meet minimum to run class...call ahead to see if session is running.

Tae Kwon Do
Tuesdays and Thursdays from 6:45 - 8:00 PM
\$30 Monthly or \$5 Drop in Fee.

Hatha Yoga
Wednesdays from 4:30 - 5:45 PM
Cost is \$10 drop in fee

• **COMMUNITY CPR/FIRST AID** - Saturdays, March 19 and May 21 from 8:00 AM - 5:00 PM. Cost is \$60.

• **RAVE NIGHT** - Saturday, March 19 from 8:00 - 10:30 PM for high school kids. Win prizes in Poi spinning and other contests and chill to techno music and lights all at Rave Night in the pool. Cost is \$6. Come with the most punk hair and win a Moca Joe's certificate.

• **SWIM LESSONS** - Register now for the next session of private/semi-private lessons starting in April.

• **SWIM TO JAMAICA** - Attention lap swimmers: Swim 713 miles from Florida to Jamaica. The first 10 registered will receive a T-shirt and prizes will be awarded for the top three who swim the farthest. Competition is March 21 - June 18. Cost is \$15 per participant plus the daily admission or membership for swimming.



Bill Heddles Recreation Center
530 Gunnison River Drive • Delta, CO 81416
970.874.0923

HOURS OF OPERATION

Monday-Thursday	5:30am - 9:30pm
Friday	5:30am - 7:30pm
Saturday	8:00am - 8:00pm
Sunday	11:00am - 5:00pm